

**Crew Rest**

GMT	Crew	Activity and <a href="#">links to ODF or R/G</a>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:45–09:50	FE-1	Downlink N <sup>1</sup> data
09:50–09:55	FE-1	Downlink N <sup>1</sup> counter data
12:00–13:00		LUNCH
15:35–15:50	CDR	Private family conference
18:50–19:20		Review plan for the next day
19:20–19:50		DINNER
19:50–20:20		Daily food ration prep
20:20–20:30		Daily planning conference
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

End of radiogram